



# NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

Kerri McCarthy, , *Executive Director*  
Sheila Pransky, *Outreach Coordinator*  
Nanci Kelleher, *Program Coordinator*  
Ellen Rano, *Senior Bus Driver*  
Anne Marie Shea -*Prog. Assistant*  
Lawrence Thomas, *Senior Custodian*

Tom Tobin, *Chairman*  
Ted Mulvehill, *Vice Chairman*  
Delia Bartucca, *Secretary*  
Elizabeth Mastandrea, *Member*  
Fran Kenney, *Member*

**November 2015**

**The Center is open  
Monday Through Friday  
8:00 AM to 4:00 PM**

## **Norwood's Council on Aging mission includes:**

*To identify the needs of older adults along with the available resources within the community.*

*To educate the community at large on the problems of aging and the needs of its older adults.*

*To design and promote services that are needed to serve older adults.*

*To serve as advocates and enhance the lives of older adults in our community.*

*The Norwood Council on Aging offers many legal, financial, recreational, medical screenings, other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that the Norwood Senior Center, the Norwood Council on Aging, the Town of Norwood and its employees do not assume any responsibility.*

## **Directors Corner**

During the month of November, we celebrate two very special holidays; Veterans' Day and Thanksgiving. On Veterans' Day we show our gratitude to all those men and women who have served our country in order to keep us safe. For that, we salute them. On the holiday of Thanksgiving, families and friends gather together to give thanks for the gift of each other and for the many blessings we, in the United States are so fortunate to enjoy.

The seniors of Norwood are so very blessed to have such a kind, and caring community. When I hear the laughter from the café, watch the line form for exercise, hear the glee club singing I feel so thankful that we have this great senior center to share with not only Norwood residents but to all those over the age of 60. This is truly a place for us all to be Thankful for. I am also thankful to the volunteers, who without you this center would not be filled with such warmth and kindness. The staff here appreciates all your help.

Please join us this month for all the great programs we are offering, including our annual Thanksgiving Dinner.

Happy Thanksgiving to you and your family's from all of us here at the Norwood Senior Center.

*All My Best, Kerri*

**Town of Norwood DPW Dedication and Open House  
Sunday, November 1, 2015**

**11:00-4:00  
Dedication 2:00**

**AFTERNOON DANCE:** No Afternoon dance with John Rampino Friday,

**Arts & Crafts:** Offered Every First Thursday of each month at **11:00 am.**

**BASIC COMPUTER COURSE:** A four-part basic computer course is frequently offered to those who wish to learn how to use a computer. Sign-up at the front desk. New class will be announced soon.

**BINGO:** Every Wednesday, from **12:45 pm.** to **3:00 pm.** \$5.00 to get started. We have begun a new game, for \$1.00 with a winner take all prize! You must be here by **12:45 pm.** to play the new game!

**BLOOD PRESSURE CLINIC:** Hellenic Health Care will be available for blood pressure screening on the **first Wednesday of each month.** Ellis Nursing Home will offer blood pressure screening on the **2nd Wednesday of each month.** The Walpole VNA will provide blood pressure screening on the **third Wednesday of each month at 11:30 am.**

**BOOK CLUB:** Our next Book Club will be meeting on **November 16th at 10:00 am.**

**BRIDGE:** Our Bridge Club meets on **Thursdays at 9:15 am.** in the Library. **The Tuesday group has been cancelled.**

**COMPUTER CLUB:** The Computer Club meets every Wednesday at 1PM

**COUNCIL ON AGING:** COA next Meeting will be **November 5th @ 1PM**

**CRIBBAGE:** Our seniors meet every **Monday at 12:45 pm.** to play cribbage.

**DIABETES WORKSHOP:** The Diabetes Workshop Thursday November 18th at 11AM.

**EXCEL CLASSES:** Excel classes have resumed. Please sign up.

**FOOT DOCTOR:** Dr. Cormier will be here Tuesday, November 17th 8:30AM-12 Noon

**GLEE CLUB:** Glee Club meets every **Tuesday at 11:15 am.**

### **HANDCRAFTERS:**

Handcrafters meet every **Monday from 1pm. - 3pm.**

**Line Dance** Classes are held each **Tuesday.** **Class will be held from 1PM-2PM**

**MASSAGE THERAPIST:** Karen Tracy is here on the first Monday of each month. Please sign up at front desk. Massages are **\$30.00 for half an hour.**

**NORWOOD RETIRED MEN'S CLUB:** The Board of Directors meet on the **1st Tuesday of each month at 10:30 am.** at the Senior Center (Except July and August). The Club Membership meets the 2nd Tuesday of each month at the Norwood Elks Lodge, at 10:00 am.

**OIL PAINTING:** No Oil Painting class is offered at this time

**Poetry Club:** Is held on the **Third Wednesday** of each month at **1:00pm, Facilitated by Nancy from the Library.**

**SCRABBLE:** **Thursday afternoon at 1:00 pm.** Come and join us for a game.

**SHINE:** Our SHINE Counselor, **Carol,** is here to help you with your medical insurance needs on **Tuesdays from 10:00 am. - 2:00 pm.** Please call 781-762-1201 for an appointment.

**SQUARE DANCE:** Please join our Square Dance Class every Tuesday at **9:00am.**

**TRIAD:** Monday November 16th at 1:00PM Norwood Housing Authority

**WATER COLOR:** The next session is scheduled for **Thursday, November 12th at 9:00 am.** Payment of \$20.00 must be made at time of signup.

**WAXING** Cancelled until further notice.

**WHIST:** Whist players meet on **Tuesdays at 12:45 pm.** in the library.

**WHIST PARTY:** Whist parties will be held on the **4th Friday of each month 1:00 pm. - 3:00 pm.**

**Norwood Memory Café**  
 Thursday November 19th  
 1:30-3:30  
 Refreshments served

**2016 Open Enrollment Drug Plan  
 enrollment appointments will be on  
 Wednesday,**

**November 18th, 2015.**

**Call Sheila @781-762-1201 ext. 3 to schedule  
 an appointment with the SHINE Counselor**

## **Senior Center Program Spotlight**

### **Active For Life**

This is a class for people who may have some difficulty moving or who have been lazy about getting going. It has been proven without a shadow of a doubt, that people who stay as active as possible not only live longer, but live better. Even moderate movements on a daily basis will keep you younger and healthier. People with all special physical needs are welcome. Arthritis, MS, Diabetes, Parkinson's, Knee, Hip and Shoulder replacements, and any other problem that keep you from joining regular exercise classes. Even if you just want some additional movement instruction, you will be very welcome. This class based on Gentle Yoga, Tai Chi, and Total Body Gentle Stretching, will be fun and beneficial for all who attend. You can even bring you partners and care givers who may benefit too.

The hour long class will meet at 2pm on the second and fourth Thursday of every month Starting on November 12 in the large activity room at the Norwood Senior Center. No class on Thanksgiving

Call the front desk to reserve your space.  
 781-762-1201



## **Poetry Corner**

### **Perspective**

To be happy on the outside  
 Or happy on the in,  
 Where in the world  
 should one begin?

Laugh through your tears  
 to give you a reason  
 To shed all your fears  
 and enjoy every season.

With all the joy  
 that we could maintain  
 Don't let gloom and sorrow remain.

For life goes on  
 No matter the call,  
 Sharing with others  
 helps us all.

Kitty Charron

## **Arts & Crafts**

Sign-Up at front desk.

November 5th @ 11AM

Holiday Wreaths

## NORWOOD SENIORS' MEETINGS & ACTIVITIES

**NORWOOD RECREATION DEPT/CIVIC GYM:** Call 781-762-0466 for further information.

**SENIOR BOWLING:** Every Thursday morning at the Norwood Sports Center at 9:30 AM. This is a mixed league and three strings are played for **\$6.00**.

**SENIOR SUPPERS:** Norwood Hospital offers a Senior Supper Program consisting of soup, entrée and a drink in the cafeteria from Monday through Friday, served from 4:45 to 6:45 PM. **The cost is \$5.50.**

### REGULAR PROGRAMS AND ACTIVITIES AT THE SENIOR CENTER

|                    |  |  |
|--------------------|--|--|
| <b>Monday</b>      | Flex, Firm & Chi                       | 8:00 AM ~ \$2.00 per class                       |
|                    | Zumba                                  | 9:00 AM ~ \$2.00 per class                       |
|                    | Tai Chi                                | 10:00 AM ~ \$2.00 per class                      |
|                    | Gentle Exercise                        | 10:45 AM ~ \$2.00 per class                      |
|                    | Cribbage                               | 12:45 PM   |
|                    | Handcrafters                           | 1:00 PM  |
| <b>Tuesday</b>     | Aerobics                               | 9:00 AM ~ \$2.00 per class                       |
|                    | Square Dancing                         | 9:00 AM to 10:00AM                               |
|                    | Bridge                                 | 9:30 AM  |
|                    | Pinochle                               | 10:00 AM   |
|                    | Yoga for Everyone                      | 10:00 AM (sit or stand class) ~ \$2.00 per class |
|                    | Line Dancing:<br>One class- all levels | 1:00-2:00PM                                      |
| <b>Wednesday</b>   | Whist                                  | 12:45 PM   |
|                    | Flex, Firm & Chi                       | 8:00 AM ~ \$2.00 per class                       |
|                    | Zumba                                  | 9:00 AM ~ \$2.00 per class                       |
|                    | Gentle Exercise                        | 10:00 AM-11:00 AM ~ \$2.00 per class             |
|                    | Bingo                                  | 12:45 PM   |
|                    | Computer Club                          | 1:00 PM all skill levels are welcome             |
| <b>Thursday</b>    | Aerobics                               | 9:00 AM ~ \$2.00 per class                       |
|                    | Contract Bridge                        | 9:30 AM  |
|                    | Yoga for Everyone                      | 10:00 AM ~ \$2.00 per class                      |
|                    | Scrabble                               | 1:00 PM  |
| <b>Friday</b>      | Flex & Firm                            | 8:00 AM to 9:00 AM ~ \$2.00 per class            |
|                    | Yoga w/Posture & Bal.                  | 9:00 AM to 10:00 AM - Grace Furnari ~ \$2.00     |
|                    | Gentle Exercise                        | 10:00 to 11:00 ~ \$2.00 per class                |
| <b>Mon. - Fri.</b> | Zumba                                  | 11:00 to 12:00~ \$2.00 class                     |
|                    | Walking in the Gym                     | 9:00 AM to 11:00 AM                              |

## OUTREACH



Dear Seniors,

Wow – November already! Time of crisps—temperatures, apples, and leaves. I hope you are enjoying the comfortable fall temperatures and pre-snow and ice time, as am I, and looking forward to the holiday season.

***Fuel Assistance Applications are now in.***

We've been so pleased with the early interest and with those completing their re-certifications. You should have received your recertification letters, and for those interested in applying for the first time, the new applications are available. If you are interested in applying for fuel assistance, call me to make an appointment to come in and apply.

The draft guidelines for fuel assistance are as follows:

***Guidelines (maximum gross household income) for applying for fuel assistance are \$33,126.00 annual income for one person, and \$43,319.00 for two people. If you have more than two people in your household, the income guidelines are higher.***

*Call me for an appointment if you would like to apply.*

---

**Medicare Open Enrollment is continuing through December 7, 2015**

If you are interested in assessing your current plan, applying for a new drug benefit, or exploring your Medicare options, call me for an appointment. If you would like to evaluate your current Medicare D (the prescription drug insurance), I have the forms you must complete and send to the HESSCO SHINE office before you meet with our wonderful SHINE staff.

Enjoy your families, Thanksgiving, and thank a Veteran for their service.  
Happy Veterans' Day and Happy Thanksgiving to all!

Warm Regards,  
*Sheila*  
Sheila Pransky, LICSW  
Outreach Coordinator  
781-762-1201, ext. 3

| ~ November 2015 ~ |                          |   |                                 |                              |                              |     |
|-------------------|--------------------------|---|---------------------------------|------------------------------|------------------------------|-----|
| Sun               | Mon                      | Tue                                       | Wed                             | Thu                          | Fri                          | Sat |
| 1                 | 2<br>Soup &<br>Sandwich  | 3<br>Turkey<br>Dinner                     | 4<br>No Lunch/<br>Half Day      | 5<br>Meatloaf                | 6<br>Salmon                  | 7   |
| 8                 | 9<br>Soup &<br>Sandwich  | 10<br>Turkey<br>Dinner                    | 11<br>Veterans Day<br>No School | 12<br>Pork Chops             | 13<br>Baked Fish             | 14  |
| 15                | 16<br>Soup &<br>Sandwich | 17<br>Baked Stuffed<br>Chicken            | 18<br>No Lunch/<br>Half Day     | 19<br>No Lunch/<br>Prep Day  | 20<br>Thanksgiving<br>Dinner | 21  |
| 22                | 23<br>Soup &<br>Sandwich | 24<br>No School/<br>No Lunch              | 25<br>No School/<br>No Lunch    | 26<br>No School/<br>No Lunch | 27<br>No School/<br>No Lunch | 28  |
| 29                | 30<br>Soup &<br>Sandwich | Happy Thanksgiving from Andrew & Students |                                 |                              |                              |     |

## **Norwood COA Senior Center Bus Route**

Effective 01/16/2014

### **PICK UPS AT HOUSING AUTHORITY**

*William Shyne Circle - 10:00 AM*

*Willow Wood (Adams Street) - 10:05 AM*

*Brook View Circle - 10:20 AM*

*Nahatan Street - 10:30 AM*

### **DAILY SHOPPING TRIPS**

***Mon– Fri MEDICAL APPOINTMENTS AND TRANSPORTATION UPON REQUEST BY CALLING THE FRONT DESK 24 HOURS PRIOR TO YOUR PICK UP TIME AT (781) 762-1201 PRESS # 6 FOR TRANSPORTATION.***

**Monday** - Local Trips

**Tuesday** - Walmart (1st Tuesday of each month)

**Tuesday** - Out of town trips (2nd, 3rd, and 4th weeks of month)

**Thursday** - Hannaford / Dollar Store

**Friday** - Shaw's Supermarket

### **BUS RULES**

**1. ONE ROUND TRIP TRANSPORT PER HOUSEHOLD PER DAY**

**2. RIDERS MUST CALL 24 HOURS BEFORE DAY OF PICK UP**  
NO TRANSPORTS WILL BE MADE ON THE DAY YOU CALL.

**3. THERE IS A 3-BAG LIMIT FOR EACH SHOPPING TRIP. CASES OF WATER, SODA, PET FOOD, ETC WILL BE CONSIDERED ONE BAG. UNFORTUNATELY, NO EXCEPTIONS WILL BE MADE. PLEASE DO NOT OVERLOAD YOUR BAGS.**

***\*ANYONE EXCEEDING THE 3 BAG LIMIT WILL BE ASKED TO MAKE OTHER ARRANGEMENTS FOR TRANSPORTATION.***

 FreeDailyCrosswords.com

Monday, October 12, 2015

Copyright (c)2015 uclick.com

Edited by Timothy Parker

## ACROSS

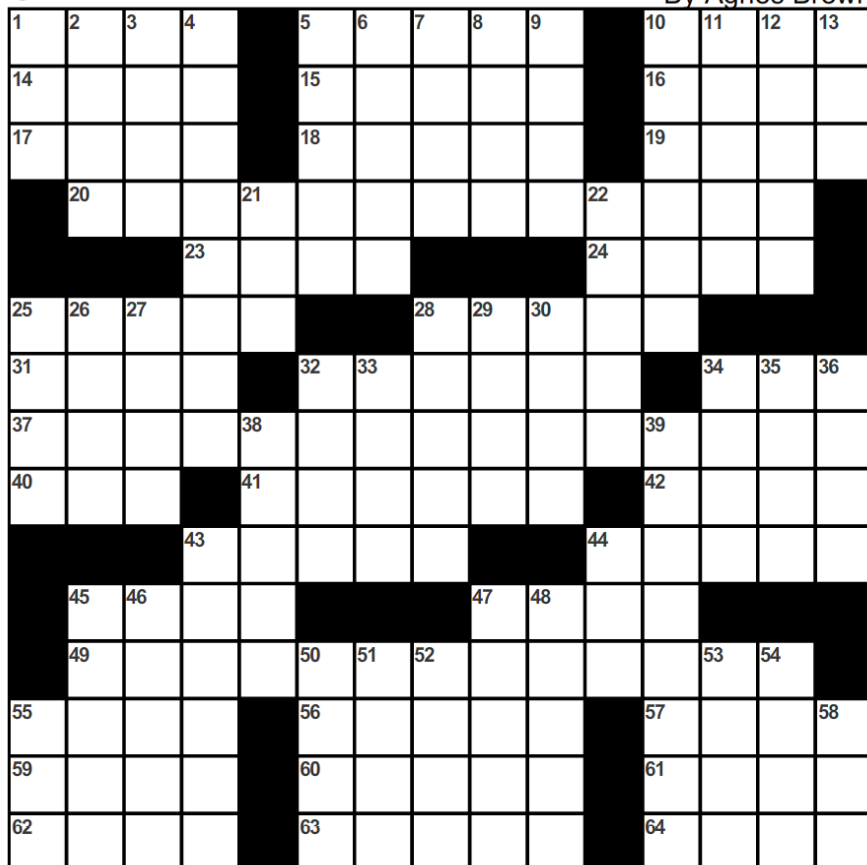
- |   |                                |
|---|--------------------------------|
| 1) Did a dragon in                      | 40) Dieter's bane              |
| 5) Expensive fiddle, for short          | 41) Buck projection            |
| 10) Predatory feline                    | 42) Marine eagle               |
| 14) Family pillar                       | 43) Nerve material?            |
| 15) Start of a music refrain            | 44) Brought to a conclusion    |
| 16) Like some fans                      | 45) Not tied down              |
| 17) Bird of old Rome                    | 47) Railroad freeloader        |
| 18) Oxen connections                    | 49) Two-time Best Actress      |
| 19) Cat in boots?                       | 55) "___ and the King of Siam" |
| 20) Vulnerabilities                     | 56) Bay on the English Channel |
| 23) Dastardly                           | 57) Holiday tune               |
| 24) Revealing photo?                    | 59) Short, erect tail          |
| 25) Santa Claus impersonator, sometimes | 60) Encourage                  |
| 28) Preserves, as pork                  | 61) Hospice offering           |
| 31) One of Isaac's twins                | 62) Exaggerated publicity      |
| 32) Astrological water sign             | 63) Some bridge-seat occupants |
| 34) Cotswold cry                        | 64) Edible root of the taro    |
| 37) Autopilot data                      |                                |

## DOWN

- 1) "Asp" anagram
- 2) Kilauea outpouring
- 3) "Lawrence of Arabia," e.g.
- 4) Made it to the beach?
- 5) LP needles
- 6) Folklore monster
- 7) Fall tool
- 8) Certain pints
- 9) Pinch, as of seasoning
- 10) ID documents
- 11) Part of the mouth
- 12) Young lady, sarcastically
- 13) Circulars, basically
- 21) It covers a lot of ground
- 22) One in a cast of thousands
- 25) Turn a \_\_\_ ear
- 26) China setting
- 27) Pub board
- 28) Fishhook-to-line connection
- 29) Exercise aftermath, often
- 30) Lecherous glance
- 32) Stroller's aid?
- 33) Chips in a pot, sometimes
- 34) 42-Across, e.g.
- 35) Hathaway of Hollywood
- 36) Got along in years
- 38) Not right now
- 39) Condemn openly
- 43) Tranquilize
- 44) Tidal action
- 45) Ornate
- 46) Accumulate, as a bill
- 47) Old Greek serf
- 48) Begins admitting customers
- 50) Weapon with a bell-shaped guard
- 51) Exercise with crossed legs
- 52) Doesn't share
- 53) Place for a pothole
- 54) Bookworm, scornfully
- 55) Cigar leaving
- 58) "Seinfeld" uncle

## SAY AH

By Agnes Brown





## TRIPS

Please watch for upcoming Trips on the Information Board or call Nanci at 781-762-1201

Flyers for all trips are available in the Café

***\*\*Please sign up for all trips with Nanci\*\****

***Payment in full for day trips.***

***Deposit required on overnight trips.***

You may sign up for these trips at any time, up to two weeks before the scheduled date.

## November Events

***Gary Highlander***

***D-Day***

***November 2nd @ 1pm***

***Millie's Mini Bazaar***

***November 4th 9am-1pm***

***COA Board Meeting***

***November 5th @ 1PM***

***Real Estate/Financing Q&A***

***November 6th at Noon***

***Dessert will be served***

***Triad***

***Monday, November 16th***

***1PM***

***Norwood Housing Authority***

***Thanksgiving Dinner***

***w/Banjo Ragtimers***

***November 20th***

***12 Noon***

***\$5.00***

***Please sign up at front desk***

## OPEN GAME DAYS

Please feel free to come join on select Friday afternoons to play the game of your choice in the craft room.

## Mini-Bus Trips

**Tuesday, Nov.3rd— Walmart**

**Tuesday, Nov. 10th—Westwood Station**

**Tuesday, Nov. 17th- Plainridge casino**

**Tuesday, Nov. 24th- Patriot Place**

## Healthcare Assistance is Available

SHINE - 1-800-243-4636, Press 3

Prescription Advantage - 1-800-243-4636, Press 2

(MCPHS Pharmacy Outreach Program - 1-866-633-1617

Medicare - 1-800-633-4227

Medicare Advocacy Project - 1-866-778-0939

| Monday  |   | Tuesday   |  | Wednesday                                       |   | Thursday                                       |   | Friday  |  |
|---|---|---|--|---|---|--|---|---|--|
| 8:00<br>9:00<br>9:00<br>10:00<br>10:45<br>12:45<br>1:00 | Flex & Firm<br>Zumba<br>Massage<br>Tai Chi<br>Gentle Exercise<br>Cribbage<br>Handcrafters               | 9:00<br>9:00<br>10:00<br>11:15<br>12:45<br>1:00         | Aerobics<br>Square Dance<br>Yoga<br>Glee Club<br>Whist<br>Line Dancing-All levels                | 8:00<br>9:00<br>10:00<br>11:30<br>12:45<br>1:00 | Flex & Firm<br>Zumba<br>Gentle Exercise<br>Blood Pressure<br>Bingo<br>Computer Club   | 9:00<br>9:30<br>10:00<br>11:00<br>1:00<br>1:00 | Aerobics<br>Contract Bridge<br>Yoga<br><b>Arts &amp; Crafts</b><br>Scrabble<br><b>COA Meeting</b> | 8:00<br>9:00<br>10:00<br>11:00<br>1:00          | Flex & Firm<br>Yoga & Posture<br>w/Grace<br>Gentle Exercise<br>Zumba<br><b>Hand &amp; Foot Cards</b>                         |
| 8:00<br>9:00<br>10:00<br>10:45<br>12:45<br>1:00         | Flex & Firm<br>Zumba<br>Tai Chi<br>Gentle Exercise<br>Cribbage<br>Handcrafters                          | 8:30<br>9:00<br>9:00<br>10:00<br>11:15<br>12:45<br>1:00 | Aerobics<br>Square Dance<br>Yoga<br>Glee Club<br>Whist<br>Line Dancing-All levels                | 8:00<br>9:00<br>10:00<br>11:30<br>12:45<br>1:00 | Flex & Firm<br>Zumba<br>Gentle Exercise<br><b>Blood Pressure</b><br>Bingo<br>Computer Club<br><b>Center closed in honor of Veterans Day</b> | 9:00<br>9:30<br>10:00<br>1:00                  | Aerobics / <b>Watercolor</b><br>Contract Bridge<br>Yoga<br>Scrabble                               | 8:00<br>9:00<br>10:00<br>11:00<br>12:30         | Flex & Firm<br>Yoga & Posture<br>w/Grace<br>Gentle Exercise<br>Zumba<br><b>Open Games</b>                                    |
| 8:00<br>9:00<br>10:00<br>10:45<br>12:45<br>1:00         | Flex & Firm<br>Zumba<br>Tai Chi /Book Club<br>Gentle Exercise<br>Cribbage<br>Handcrafters <b>/TRIAD</b> | 8:30<br>9:00<br>9:00<br>10:00<br>11:15<br>12:45<br>1:00 | Foot Doctor<br>Aerobics<br>Square Dance<br>Yoga<br>Glee Club<br>Whist<br>Line Dancing-All levels | 8:00<br>9:00<br>10:00<br>11:30<br>12:45<br>1:00 | Flex & Firm<br>Zumba<br>Gentle Exercise<br><b>Blood Pressure</b><br>Bingo<br>Computer Club  | 9:00<br>9:30<br>10:00<br>11:00<br>1:00<br>1:30 | Aerobics<br>Contract Bridge<br>Yoga<br><b>Diabetic Workshop</b><br>Scrabble<br>Memory Cafe        | 8:00<br>9:00<br>10:00<br>11:00<br>1:00<br>7:00  | Flex & Firm<br>Yoga & Posture<br>w/Grace<br>Gentle Exercise<br>Zumba<br><b>Hand &amp; Foot Cards</b><br><b>Friends Dance</b> |
| 8:00<br>9:00<br>10:00<br>10:45<br>12:45<br>1:00         | Flex & Firm<br>Zumba<br>Tai Chi –<br>Gentle Exercise<br>Cribbage<br>Handcrafters                        | 9:00<br>9:00<br>10:00<br>11:15<br>12:45<br>1:00         | Aerobics<br>Square dance<br>Yoga<br>Glee Club<br>Whist<br>Line Dancing-All levels                | 8:00<br>9:00<br>10:00<br>11:30<br>12:45<br>1:00 | Flex & Firm<br>Zumba<br>Gentle Exercise<br>Hearing Solutions<br>Bingo<br>Computer Club<br>Poetry Club                                       | <b>Happy Thanksgiving</b>                      |   | 8:00<br>9:00<br>10:00<br>11:00<br>12:30<br>1:00 | Flex & Firm<br>Yoga & Posture<br>w/Grace<br>Gentle Exercise<br>Zumba<br>Open Games<br><b>Whist Party</b>                     |
| 8:00<br>9:00<br>10:00<br>10:45<br>12:45<br>1:00         | Flex & Firm<br>Zumba<br>Tai Chi<br>Gentle Exercise<br>Cribbage<br>Handcrafters                          | <b>November 2015</b>                                    |  |   |   |  |   |   |  |